

One year follow up data of a social psychiatrically day hospital treatment programme for bipolar patients.

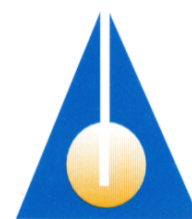
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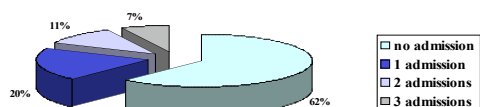
Objective: The day clinic of the social psychiatric unit at the general hospital in Neunkirchen, responsible for a mixed urban rural catchments area, was established in May 2003.

This was the very first day clinic with 2 treatment programs in Austria. One for patients with psychotic symptoms and one for bipolar patients. We conducted a 1 year follow up evaluation study of the 2 treatment programs which were based on various psycho educational concepts.

Research design: The data of all patients of the first year open were connected in a specifically developed computer database and descriptive statistics were done with SPSS. 13.0. All patients who stayed in the treatment programme for more than 5 days were interviewed one year after discharge again. Patients who were fixed for treatment at the day hospital but chose not to come and patients who left the treatment within the first week were described separately.

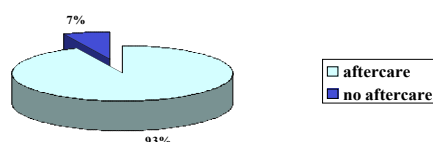
Results: Out of the 162 patients whose data were collected 125 entered the program for more than 5 days, they were interviewed again one year after discharge. The only drop out reason of 37 persons was significant more somatic illnesses in the drop out group. Out of the remaining 125 patients the average duration of the stay in the day clinic was 4,2 weeks (Mo - Fri for at least 6 hours). 58% were female, 95% had previous treatment episodes, 20% were working at baseline.

After 1 year we could get detailed data of the course of 86,4% (108 persons), 4 patients had died, 2 because of suicide. The analysis of the social data showed a reduction of unemployment about $\frac{1}{4}$ and increase of temporary annuities about $\frac{1}{2}$ in the year after discharge.



including day clinic

38,9% had no more episode of psychiatric illness over the period of one year



100% of the psychosis group and 92,4% of the bipolar group were still adherent to psychiatric treatment. 88,1% of them were still frequenting

One remarkable result is that 20% of our patients had a hospital admission in the follow up period for somatic reasons.

Discussion: The results of the social data analysis of the 1-year evaluation showed that our endeavors for social protection and reintegration seem to be successful and co-working with other social services is necessary for the socialpsychiatric approach.

Noteworthy is the aftercare adherence of 93%, this may be one reason why 62% had no further psychiatric admission in the year after discharge and 39% had no further episode.

Conclusion: The social psychiatrically and multidisciplinary approach of the social psychiatric day hospital of the hospital Neunkirchen shows its benefit in the increased social and financial stability in the follow up. The concept of diagnose specific treatment seems to be successful in the increase of aftercare adherence.

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